



News in Brief

AFA, MOAA meeting set

The Air Force Association and Military Officers Association dinner begins at 6 p.m. July 19 at Mission's End. The speaker is Lt. Col. Steve Basham, 393rd Bomb Squadron commander. Dinner will be off the club menu. The meeting is open to the public. For more details, call Fred Niblock at 429-1775.

Demolition underway

The demolition of base housing on Forbes Street kicked off Tuesday to support the ongoing education center and future child development center projects. Large construction equipment will be operating on the site requiring the street to be closed off for about 30 days. The road will be closed from Houx Drive to 132 Forbes for all traffic except contractor vehicles and equipment. The street from Gray Lane to Spirit Boulevard will remain open for traffic. This action is required to ensure a safe working environment for Whiteman and construction workers. For more details, call Mike Roberts at 687-4229.

Office closes indefinitely

The Whiteman history offices closes indefinitely July 15. It will remain closed until further notice. For general wing and base history information, visit the secure Web site <https://www.mil.whiteman.af.mil/HO/main.htm>.

Singin' in Blues



Photo by Airmen 1st Class Lauren Padden

BONNER SPRINGS, Kan. — Staff Sgt. Tim Owens, 509th Aircraft Maintenance Squadron, sings the national anthem at the Red, White and Boom concert at the Verizon Wireless Amphitheatre. About 20,000 people attended the event. For more concert photos, see Page 6.

509th LRS members depart for training, Iraq



Photo by Capt. Joe DellaVedova

Airmen of the 509th Logistics Readiness Squadron pose as family members and friends take photos before the Airmen deployed to Iraq Sunday. From left: Airman 1st Class Jose Rios, Staff Sgt. Andrew Finan, Airmen 1st Class Cody Newsum, Brittany Musleh, and Darcy Leonard.

By Capt. Joe DellaVedova

Public Affairs

Seven Airmen from the 509th Logistics Readiness Squadron depart Whiteman to prepare for an eight-month deployment in support of Operation Iraqi Freedom Sunday. The Airmen will join five other members from the squadron who left July 3.

Before the 12 Airmen arrive in theater, they will attend the Basic Combat Convoy Course at Camp Bullis, Texas. The five-week course uses the latest intelligence gathered from the war zone to train transportation specialists on situations they may face during their deployment. The course will focus on the weapons, tactics, maneuvers and small-unit leadership skills the Airmen will need to carry out their missions. Then they will travel to Fort Carson, Colo., and Kuwait for specialized advanced training. Afterward they will head into Iraq to start their six-month deployment.

"Our Expeditionary Air Force requires us to be battlefield airmen," said Maj. Keith Justice, 509th LRS commander. "When terrorists attack our forces using improvised explosive

devices and other asymmetrical methods, it changes the dynamics of the traditional battle lines. Military specialties that once played a supporting role for combat forces now find themselves at the tip of the spear."

Although the Army has primary responsibility for providing convoy security escort in Iraq, when the demand for drivers, mechanics and security specialists exceed the services capability, the Air Force responded to the call for help. Currently there are more than 2,000 deployed Airmen who are directly supporting the Army.

Working in a joint environment will be familiar for at least one of the deployed Airmen. "I'm an Army brat and we've been all over," said Airman 1st Class Brittany Musleh whose father, Mark, retired from the military after 20 years of service.

"I'm a little nervous, it's my first time being deployed overseas," said Airman Musleh, "but I'm as ready as ready can be."

While saying goodbye to his daughter, Mr. Musleh said, he was proud of all the military members who are working to preserve the American way of life.



Spirit file photo

Amy Allen receives a volunteer excellence award from Col. Chris Miller, 509th Bomb Wing commander at the 2005 Whiteman Volunteer Reception. Mrs. Allen, the wife of Staff Sgt. Steven Allen, 509th Security Forces Squadron, is one of many "wingman" spouses who volunteer time to support Team Whiteman.

Commander's Corner

By Col. Chris Miller
509th Bomb Wing Commander

LITTLE THINGS MAKE BIG MISSIONS WORK. Providing global airpower for America is a "big-picture" mission. Within hours of receiving the call, our B-2s can strike any point on the globe with great precision. That's the mission we train for day in and day out.

But how does a major feat like putting bombs on target on the other side of the globe happen? It happens because we all take care of the important little details.

The mission succeeds because a maintainer worked hard and followed the tech order to ensure that a hydraulic line was fixed right ... because a inflight kitchen Airman made a healthy meal that the pilots needed for their long flight ... because an ammo troop double-checked the tailkit of a Joint Direct Attack Munition and a loader made sure the cannon plug was seated properly; and because a trained crew penetrated enemy defenses and released on the right targets. We accomplish our mission when we all do our part!

SMALL DEPLOYMENT = BIG IMPACT. Shots, training, wills, powers of attorney, etc. These little things add up to big things when they're put together —they enable mission success. On Sunday, five members of the 509th Logistics

Readiness Squadron left their families and friends to head for Iraq; another seven leave this Sunday. They'll be gone for at least six months, supporting Army convoy missions. These 12 warriors are a small but absolutely essential part of the overall success of Operation Iraqi Freedom. I salute them and their families for taking care of the little things that ensure they "fly" a successful mission.

SPOUSES ARE WINGMEN. I'm grateful to the spouses from each squadron who volunteer to be part of the Key Spouse program. These volunteers are a focal point for information and support to families who stay here while the military member is deployed. They are people who can listen when others need to talk, and can also point families in the right direction for various services. Key spouses are a critical part of our team — in large part because they're peers. As Air Force spouses, they know what it's like to have loved ones deployed, and they're ready to ease the load of those whose loved ones are gone on AEF taskings. If you need help, or want to help, call your unit's key spouse or the family support center at 697-7132.

WELL DONE. You took care of yourselves and each other this last weekend despite lots of travel and Independence Day celebrations — thanks for looking out for your wingmen. Keep that focus and stay safe!



Photo by Senior Airman Neo Martin

Tech. Sgt. Frank Worley, 509th Operations Support Squadron, walks his daughter, Kiele, to the child development center.

Spend 'quality' time

By Maj. Thomas Kirkham
509th Munitions Squadron Commander

First, let me congratulate every member of the 509th Bomb Wing on a superb Nuclear Surety Inspection performance. Yes, I know the overall inspection rating was a bitter pill to swallow, but this in no way reflects the wing's ability to carry out its nuclear mission. Every member of the wing should be proud of their accomplishments and be proud to be a 509er — I know I am!

With the Nuclear Surety Inspection in the history books and summer in full swing, now is a great time to spend some quality time with family. We all know that our military careers will come to an end one day but families are forever and we must do everything in our power to ensure their needs are being met. No one ever said that marriage or raising children would be easy but the rewards are immense and the time invested will pay huge dividends in the long run. I can't tell you how many times in my career I've attended retirement ceremonies and the person departing the military has said, "Don't make the same mistakes I made. Spend more time with your family and less time worrying about your career. They are what's truly important in this life."

With divorce rates on the rise in the military,

I think it is time to remind ourselves once again of what is truly important in life. Many believe the soaring divorce rates can be attributed to our modern military structure and I tend to agree. During the Cold War, the military was essentially a "garrison based force" meaning that soldiers and airmen could stay put on base with their families for long periods of time. But in the high ops-tempo war on terror, the military has increasingly become an "expeditionary force," which means that soldiers and airmen must leave their families for long tours overseas in places like Afghanistan, Iraq, and Bosnia. Military deployments can cause unnecessary stress and can lead to divorce.

We have seen first hand right here at Whiteman an increase in the number of deployed personnel. These deployments will be with us for the foreseeable future and as such, demand that we pay more attention to our families than ever before.

I urge all of you to take some much needed "downtime" with family over the next few weeks before the fall cycle of inspections and deployments resume. After all, no one has ever been on their deathbed wishing they had spent more time at the office, but plenty of people have wished for just one more day or even just one more hour to be with family, so don't forget what's important in life.



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The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, e-mail: whiteman.spirit@whiteman.af.mil, fax us at 687-7948, or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
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Strutting their stuff



Photos by Senior Airman Neo Martin

Maj. Rob Spalding rode the motorcycle and Capt. John Eldridge drove the Tiger Van as members of the 393rd Bomb Squadron and other Team Whiteman members marched in Warrensburg sesquicentennial parade Saturday. The parade was a celebration of Warrensburg's 150 years as a community. For more information about the City of Warrensburg, visit <http://www.visitwarrensburg.org>.

International affairs cadre to build global relations

By Tech. Sgt. David Jablonski

Air Force Print News

WASHINGTON — Air Force officials began training more than 100 officers this spring to become international affairs specialists in a managed secondary career path.

Ultimately, as many as 3,000 officers will form a pool of experts in regional, political and military affairs who will advise combatant commanders worldwide, officials said.

The first group of field grade officers will enter formal training in the summer of 2006. The following year, Air Force officials will select and train more than 150 officers, then 210 each year until a pool of 2,500 to 3,000 specialists is filled, officials said. The goal is to use that pool to fill about 650 positions with reoccurring requirements.

"The international affairs skills set is viewed as core competencies in the military," said Col. Robert Sarnoski, Air Force international Airmen division chief. "They're just as important as the weapon systems we field today."

The Air Force's initiative enhances expeditionary capability by developing regional and international expertise, cultural sensitivity and language skills allowing Airmen to build, sustain or enhance relations with international partners.

Colonel Sarnoski, a former defense attaché in Bangkok, Thailand, who is fluent in Thai, put his skills to use following the Sept. 11 attacks by helping Thai officials integrate into operations Iraqi Freedom and Enduring Freedom coalition forces.

"Senior leaders have asked for this program because they want and need officers with political-military experience," Colonel Sarnoski said.

The new program is tied directly to the new force-development program. Selected officers may receive additional university education, language training and cultural immersion to prepare them for the posi-

tions they will fill in the field, officials said. Officers will be designated on one of two secondary Air Force career tracks — the regional affairs strategist or political-military affairs strategist.

Regional affairs strategists will advise commanders and senior leaders on regional issues, interacting with foreign counterparts to work political-military issues and develop reliable international relationships, developing aspects of operational and contingency plans, and working security cooperation initiatives to enhance international relationships.

Political military affairs strategists have similar duties, but these positions need international political-military expertise without necessarily requiring language skills.

"The career path complements an officer's overall career development with international affairs experience that contributes to success in the primary career field," said Bruce Lemkin, deputy undersecretary of the Air Force for international affairs. "We need officers with these skills in our expeditionary air and space force, leading our regionally focused missions and contingency deployments, and successfully interacting with our allies, friends and partners around the world."

Officers with a strong track record and in-depth understanding and experience in Air Force operations, doctrine and strategy will be selected at the seven- to 12-year point of their career for these opportunities, officials said. Air Force officials said they will highly consider officers with operational and maintenance backgrounds, as well as those with previously developed international skills.

"A key aspect of this program is balancing between the IAS career path and the officer's primary career specialty," Mr. Lemkin said. "Consistent with the Air Force's force-development concept, we are committed to keeping these officers proficient and competitive in their primary career field while making them international affairs experts."

Senate confirms Moseley as next AF Chief of Staff



Photo by Master Sgt. Jim Varhegyi

General T. Michael Moseley speaks at the Senate July 1.

SAN ANTONIO (AFP) — The Senate has confirmed Gen. T. Michael Moseley as the next chief of staff of the Air Force. He is the current Air Force vice chief of staff.

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing. Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the hearing he said his priorities would be to further refine and improve joint warfighting skills, continue to

strengthen the Air Force's greatest asset — its people — and to recapitalize the aging aircraft fleet to meet future warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle. He is a graduate of Texas A&M University where he earned both a bachelor's and a master's degree in political science. Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component Command commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom.

Whiteman welcomes squadron commander

Name: Lt. Col. Pamela Moxley
Squadron: 509th Civil Engineer Squadron

Date assumed command: July 5
Previous assignment: Head Quarters Air Combat Command/Civil Engineer XO, Langley Air Force Base, VA (Chief, Readiness Plans and Operations Branch)

Time in service: 17.5 Years
Commissioning source: Air Force ROTC

Family: Spouse, Tom and three children, Katie, Stephen and Caroline

Hobbies: Reading

Why is the squadron important to the Air Force mission: The 509th's civil engineers provide the critical infrastructure required in peacetime and war that allows the Air Force to execute its combat mission whether it is continental United States based or forward deployed.

Command philosophy: I'm a strong believer in the core values of the Air Force; Integrity, Service Before Self, and Excel-



Photo by Senior Airman Joe Lacdan

lence In All We Do. It is imperative that leaders lead from the front whether they are officers, Senior NCOs, NCOs, Airmen or civilians.

Goals for new position: Continue to improve and posture Civil Engineers to support the mission of the 509th Bomb Wing — wherever that may take us.

Cut to regs



Photo by Senior Airman Joe Lacdan

Jennifer Barker cuts Airman 1st Class Peter Koontz's hair at the base exchange barber shop. The barber shop is open Monday- Saturday 9 a.m.- 5:30 p.m. Airman Koontz is a member of the 509th Logistics Readiness Squadron.

Airmen 'fly combat sorties' on the ground

Col. Christopher Hale

Air Force Space Command Safety Office

PETERSON AIR FORCE BASE, Colo. — On June 20, the Air Force lost two of its warriors. One was General Bernard Schriever, age 94; the other was Airman First Class Justin Souza, age 21. Many of us know what General Schriever did for our Air Force; none of us will ever know what Airman Souza could have done for our Air Force. General Schriever died peacefully at his home, surrounded by loved ones. Airman Souza died alone — far from his loved ones. On a two-lane blacktop he died from massive head and chest injuries after slamming his motorcycle head-on into a van that pulled out in front of him.

We don't know what went through Airman Souza's mind seconds before impact. It was a clear day, open road, good visibility. He was wearing the right personal protective equipment, and according to friends, not likely exceeding the posted speed limit. Justin probably saw the van pull up to the stop sign ahead on his left. He may have assumed the driver saw him approaching. She says she didn't. When she unexpectedly drove in front of him, Justin had no formal motorcycle training and less than 60 days of experience to help his brain tell his hands and feet what to do.

We'll never know if Justin could have avoided or survived the crash. The odds against him were staggering. Motorcyclists are 26 times more likely to die and five times more likely to get injured in a crash than automobile drivers. Wearing helmets reduces the risk of motorcycle deaths by 37 percent and risk of fatal head injury by 40 percent. But even with the right equipment, you still need skills to beat the odds.

Lt. Gen. Daniel Leaf, Air Force Space Command vice

commander and avid motorcyclist, says riding is like flying a combat sortie. To survive, you have to have the right training and equipment; you have to continually practice your skills; and you have to be ready to take evasive action. Airman Souza was not prepared for his 'combat sortie.'

FIVE FAST FACTS

- ◆ Look for motorcycles, especially when checking traffic at an intersection.
- ◆ Because of its small size, a motorcycle may look farther away than it is, predict a motorcycle is closer than it looks.
- ◆ A motorcycle can be easily hidden in a car's blind spots or masked by objects or backgrounds outside a car.
- ◆ Motorcyclists often slow by downshifting thus not activating the brake light. Allow more following distance.
- ◆ When a motorcycle is in motion, don't think of it as vehicle; think of it as a person.

For more details, visit, <http://www.msf-usa.org>.

After you've passed the basic MSF course and have a few thousand miles under your belt, take an MSF experienced rider's course to hone your skills. They're lots of fun and loaded with challenging scenarios that could improve your odds of survival. But don't stop there. Continually practice your skills. Find an empty parking lot and practice panic stops, evasive maneuvers, tight turns and other skills that might save your life. At the start of any ride, take it easy on the throttle and turns until you and the bike are one.

Motorcycling is lots of fun — the sights, the smells, the sounds, the freedom of the open road. But dangers lurk at every turn, at every intersection, on every road surface, from every fixed or moving object, motorized or otherwise. So improve your odds. Wear your personal protective equipment; get trained; continually practice your skills; and live to ride another day.

Respecting Airmen's beliefs key to AF mission

By Gen. John Jumper

Former Air Force Chief of Staff

Every Airman needs to respect every other Airman and be a good wingman.

Air Force leaders and commanders have continued to emphasize the importance of mutual respect. This includes our respect for the beliefs of others.

Climate surveys at our Air Force Academy have pointed out instances where respect may be lacking or where declaring one's own religious beliefs may be perceived as imposing on others. Commanders must be alert to the issue of religious respect throughout our Air Force. The Air Force Deputy Chief of Staff for Personnel, Lt. Gen. Roger Brady, is leading a Task Force that will gather the facts at USAFA, assess policy and practice, and compile a report of findings and recommendations that will be completed over the next few weeks. In the meantime, the acting Secretary has asked that Commanders across our Air Force bring the following principles into their crosscheck:

The bedrock of what makes us Airmen is our core values. Our core values, as they have in the past with other issues of culture and climate, should guide commanders when it comes to matters of religion. Imbedded in Integrity, Service, and Excellence is the principle of respect — respect for ourselves, respect for our Air Force and its values and respect for each other.

Respect, in this case, means ensuring respect for all Airmen and their family members and their right to hold to any belief system they choose — this is the responsibility of every Air Force commander and leader. This includes respecting an Airman's rights to align with traditional religious views or to not align with any specific view.

We have the honorable privilege of upholding a Constitution that protects each American's right to freely exercise their religion and forbids the government's establishment of religion. Commanders are responsible to create conditions where those tenets flourish simultaneously, limited only by the requirements of good order and discipline and military necessity.

The Superintendent of our Air Force Academy, Lt. Gen. John Rosa, has been openly working the issue of religious respect for the past year and a half. We are now capturing the Academy's lessons learned for the entire Air Force.

Religion in the public realm is an issue that has generated discussion and debate across the country. We are not going to resolve this debate to everyone's satisfaction. But commanders do have operational responsibilities to uphold our core values and comply with existing guidance. Like many aspects of command, there is no comprehensive list of dos and don'ts for religious respect. It's an issue that requires prudent judgment, guided by resources available to assist.

First, take this opportunity to meet with your senior chaplain and your staff judge advocate to review both DoD and Air Force guidance on this subject. Such guidance includes such nuggets as the stated role and mission of our chaplains, as well as the principles of accommodation. For guidance regarding civilian employees in this area, consult your EEO expert and the Code of Federal Regulations: Title 29, part 1605.

Second, be sensitive to behavior of our Airmen of all ranks. You will have no difficulty recognizing some behaviors as blatantly wrong. Disparaging remarks about another person's religion are unacceptable and should be corrected on the spot.

More subtle are other well-intentioned

expressions of personal religious belief, which must be viewed within the context of the situation, and require the exercise of mature judgment. In no event, however, should one's expressions of personal belief be allowed to appear overbearing.

Senior leaders, commanders, and supervisors at every level must be particularly sensitive to the fact that subordinates can consider your public expressions of belief systems coercive. Using your place at the podium as a platform for your personal beliefs can be perceived as misuse of office. Where, when, and how you espouse your beliefs is important. Use your best judgment, and show your Airmen the respect you want to receive.

Wing and installation commanders must be personally involved in providing avenues of accommodation for religious belief systems, bounded by the needs of the mission. Our Air Force consists of Airmen from a wide variety of backgrounds, cultures, and belief systems and we benefit from the diverse talents they bring to air and space power. One of the key roles of our chaplains is to advise commanders in ensuring religious accommodations are properly made.

Installation commanders should also know what outside groups are invited to enter and operate on your base. For instance, outside religious organizations must operate under the umbrella of your senior chaplain's program. Commanders are also to be personally involved in the review of advertisements of religious events on their installations, or events that could be perceived as religious, so as to not create the impression of endorsement of any one particular belief system. Perceptions are often as important as reality.

Enforce the proper use of government E-mail and other official communications.

Indiscriminate use of mass E-mail address lists to send notices that may espouse a particular religious view, or to market a discrete religious event, is inappropriate. Consult your SJA for advice on specifics and consult AFI 33-119 for electronic messaging policy.

None of these sensitivities should be viewed as limiters to the healthy discussion and debate that should be characteristic of young men and women in the profession of arms, a profession that requires serious attention to the inner strength and courage our mission demands. As air and space power leaders, we should be fostering an environment where Airmen are openly and respectfully discussing issues of character and spirituality.

We have the world's greatest Air Force, first and foremost, because of the character of our Airmen Active Duty, Guard, Reserve and Civilian. We respect and rely on each other to defend the greatest Nation on earth. Such respect and mutual support flourishes when our Core Values are drilled into every corner of our culture.

We have already learned many useful lessons from our Task Force's efforts at USAFA. The Secretary and I intend to use the lessons captured from our assessment to bolster the already healthy work environment where our Airmen fly and fight every day, and to further enhance every Airman's personal and professional development. Once the group's report is finalized and specific recommendations reviewed, we will provide further guidance to assist commanders in addressing more specific aspects of this issue.

Until then, use this guidance to focus your energies on this important aspect of our common Airman culture. I am honored to be serving with you in our Air Force, an Air Force getting better every day.

Wing announces promotions

The 509th Bomb Wing recognized 81 promotees Tuesday at Mission's End.

Airman John Torres, 509th Security Forces Squadron.

Airmen 1st Class Niall Campos, 509th Civil Engineer Squadron, **Anthony Catlin**, 509th SF2, **Adam Champion**, 509th Munitions Squadron, **Daniel Corke**, 509th SFS, **Ryan Dickey**, 509th SFS, **Heather Donaldson**, 509th SFS, **Lisa Gilbert**, 509th Medical Operations Squadron, **Mark Hill**, 509th Aircraft Maintenance Squadron, **Benjamin Korf**, 509th SFS, **Justin Marr**, 509th SFS, **Jeffrey Nieling**, 509th Maintenance Squadron, **Kevin Webb**, 509th MUNS, and **Jason West**, 509th SFS.

Senior Airmen Anthony Atoigue, 509th AMXS, **Kepler Baksh**, 509th CES, **Matthew Brinkman**, 509th CES, **Raegina Butler**, 509th SFS, **Dominic Castro**, 509th MXS, **John Calvano**, 509th Communications Squadron, **Kasey Carr**, 325th Bomb Squadron, **Charles Cheek**, 509th AMXS, **Michael Contreras**, 509th MUNS, **Alan Cook**, 509th CES, **Mark Curry**, 509th SFS, **Lester Delvalle**, 509th MUNS, **Gabriel Drummond**, 509th AMXS, **Chad Eddy**, 509th Medical Group, **James Etheridge**, 509th Operations Support Squadron, **Aimee Figueroa Acevedo**, 509th MUNS, **Daryl Jarreau**, 509th Logistics Readiness Squadron, **Andre Jenkins**, 509th LRS, **Andira King**, 509th Bomb Wing, **Joshua Knight**, 509th CS, **Brandon Miller**, 509th SFS, **Hoang Nguyen**, 509th CS, **Tuan Nguyen**, 509th LRS, **Kristen Piper**, 509th Services

Squadron, **Monika Ritter**, 509h OSS, **Karl Salyer**, 509th MDOS, **Brian Silvers**, 509th MUNS, **Arlen Simmons**, 509th MXS, **Jessica Smith**, 509th AMXS, **Steven Steelman**, 509th CES, **Brian Watkins**, 509th MXS, **Jessica White**, 509th SFS, and **Brian Wood**, 509th AMXS.

Staff Sgts. Matthew Adler, 509th MUNS, **Joseph Barnard**, 509th MXS, **Gregory Blakley**, 509th OSS, **Trevor Casebolt**, 509th SFS, **Freddy Davis**, MXS, **Shawanda Draper**, 509th SVS, **Dietrich Gale**, 509th CES, **Ronald Jacobs**, 509th MXS, **Brian Kelley**, 509th AMXS, **Kerri Kellner**, 325th BS, **Lehjade Menchavez**, 509th BW, **Ryan Peck**, 509th CS, **Porscha Pellom**, 509th Maintenance Operations Squadron, **Alejandro Rodriguez**, 509th CES, **Adam Lee**, 509th MXS, **Joshua White**, 509th SFS, and **Heath York**, 509th MUNS.

Tech. Sgts. Daniel Algarin, 509th CS, **April Boone**, 509th AMXS, **Kristy Brown**, 509th Mission Support Squadron, **Randolph Crosslin**, Detachment 6, 372nd Training Squadron, **Robert Fleming**, 509th CES, **Jesse Garcia**, 509th MUNS, **Jeffrey Martin**, 509th CES, **Michael Mumma**, 509th MXS, **Edwin Paxton**, 509th MXG, **Becky Rankin**, 509th Comptroller Squadron, **Alan Reed**, 509th AMXS, **Tracy Wolfe**, 509th LRS, and **Mark Wood**, 509th OSS.

Master Sgts. Robert Agard, 509th CS, **Monica Botch**, MDOS, **Wesley Faulkner**, 509th CS, and **Kevin Hendershot**, 509th MUNS.

Air Force takes part in joint transformation

By Staff Sgt. Todd Lopez

Air Force Print News

WASHINGTON — Linking aircraft simulators with live forces and simulators of other services have been the Air Force's most visible contributions to the Department of Defense's joint training transformation effort.

DOD has been working to make training for war a team effort, pushing the four services — who often train separately in their own exercises — to come together to share resources, training space and experience, said Dr. Paul Mayberry, deputy undersecretary of defense for readiness.

"Training transformation is really very simple," he said. "It is making sure we follow the credo of 'training the way we intend to fight.' And we fight as a joint team, with multinational and interagency partners."

Dr. Mayberry said the department's training transformation has manifested itself in three capabilities. First is the joint knowledge development and distribution capability. That capability focuses on getting information to people out in the field, letting them "reach back" from the field to get the information they need, and synchronizing the information contained in training among the services.

Second is the joint assessment and enabling capability where the department asks what is being done for warfighters and determines if it is enough and how to enhance future training, he said.

"The joint enabling capability is about asking what we have done for units and individuals — and does it make a difference," Dr. Mayberry said. "It is also about asking what kind of new technologies are out there that are able to revolutionize training."

The third capability is the joint national training capability.

"That's how we really pull together service exercises and apply an appropriate level of joint context to those training events," he said.

One example of the department's effort to make training more joint-oriented is Joint Red Flag 2005 at Nellis Air Force Base, Nev. U.S. Joint Forces Command designated the Air Force's Air Combat Command as the event's lead and executive agent.

"We brought together the 12th Air Force, the 32nd Army Air and Missile Defense Command and the 4th Infantry Division, and the exercises that they represented — the Joint Red Flag and the Roving Sands events," Dr. Mayberry said. "We really blended them together in terms of an integrated joint event. It was the largest distributed mission operation exercise that we have ever had in a joint context."

Distributed mission operations was originally an Air Force effort to tie together its own aircraft simulators across vast geographic boundaries to allow pilots in one location to fly virtual training missions with pilots anywhere in the world. The technology allows for a kind of vast, simulated air war where pilots fly training sorties in aircraft mission training centers. The effort has been expanded to include inputs from live aircraft already in flight and aircraft simulators from other services, combined with computer-generated aircraft and threats, to create a true live-virtual-constructive training exercise.

At Joint Red Flag, the Air Force brought together about 32 different training sites and more than 18 different types of simulators at these sites, Dr. Mayberry said.

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This space is reserved for advertisements

RED & WHITE BOOM



For the second year in a row, Mix 93.3 FM afternoon host Kelly Ulrich coordinated the military participation for this event. He said Infinity Broadcasting, Mix's parent company, will continue to support the troops at its concerts. "Thanks so much to our Whiteman staff, friends and family for their attendance at Red, White and Boom," Mr. Ulrich said. "People were truly moved by your presence."

Airmen render salute in front of thousands

BONNER SPRINGS, Kan. — In front of an estimated crowd of 20,000, military members were honored for their service during the Red, White and Boom concert Saturday.



Photos by Airman 1st Class Lauren Padden



Above: Fifteen Airmen from the 509th Bomb Wing and 442nd Fighter Wing represented Whiteman on stage during the event. Staff Sgt. Tim Owens, 509th Aircraft Maintenance Squadron, sang the national anthem as the honor guard presented the colors. Left: Gavin DeGraw was among the more than 10 performers who entertained military members and others during the daylong concert. While singing one of his chart toppers, Mr. Degraw walked through the audience and shook hands with many of his fans.

This space is reserved for advertisements

Airman earns commission

By Carolyn Knothe

Special to the Spirit

On May 14, 2005, former Senior Airman Jorge Aliaga became 2nd Lt. Aliaga. He received his degree from Central Missouri State University in computer science and mathematics. He is also the first Whiteman member to graduate after having participated in a cross-town agreement with the Air Force ROTC Detachment at University of Missouri-Columbia.

Lieutenant Aliaga used the Airman Scholarship Commissioning Program, or ASCP, to attend CMSU. Under ASCP, an enlisted member is awarded a two-, three- or four-year scholarship and is commissioned through the ROTC program.

“For ASCP, the enlisted member is released from active duty to attend school,” Cathy Brogan, Education Services Officer here, said. “They are selected for the program by a board that, among other requirements, looks at their military performance appraisals, Air Force Officers Qualifying Test results and recommendations written by the squadron commander.”

Col. Leon Hoffsette, commander of Detachment 440 at MU, said two other CMSU students received Air Force commissions through the cross-town agreement, but Lieutenant Aliaga was the first former active-duty Whiteman member to take advantage of it.

“I attended CMSU in the mid-1970s but I had to transfer to Mizzou to earn my commission in the Air Force,” Colonel Hoffsette said. “I would have loved to have had this program back then, I would have stayed at CMSU and graduated from there.”

He said CMSU cadets add diversity to the detachment. “CMSU has some excellent programs that we don’t have at this university; for example, aviation technology. That’s an absolute perfect match for an aircraft or munitions maintenance officer in the Air Force.”

Lieutenant Aliaga, who previously worked in vehicle maintenance for the 509th Logistics Readiness Squadron, was born in Peru. He and his family immigrated to the United States in 1989.

“We lived in Miami, and at first didn’t speak any English,” he said. “There were eight of us in a two-bedroom apartment. My parents were professors at a university in Peru, but were doing jobs like delivering newspapers or selling flowers in Miami. They were working really hard but we couldn’t afford college. So after a year in school, I enlisted in the Air Force in the summer of 1998.”

After seeing all his parents gave up for their children, Lieutenant Aliaga said he wanted to make it count by going to college and becoming an officer.

“When you’re a kid, you don’t realize how much your parents sacrifice for you,” he said. “They gave up so much for us.”

The events of Sept. 11, 2001 gave Lieutenant Aliaga

another push to get commissioned.

“After 9/11, I knew I wanted to make the military a career,” he said.

He obtained his United States citizenship and, in August 2002, began pursuing his degree through ASCP.

“I was released from active duty and used the GI Bill for an income,” Lieutenant Aliaga said. “My wife was working and I also worked part time at the commissary.”

Ms. Brogan said being able to stay in the Whiteman area is an advantage of the agreement between CMSU and the Mizzou.

“CMSU doesn’t have an Air Force ROTC detachment, but Mizzou does,” Ms. Brogan said. “The establishment of a cross-town agreement for students to do their studies at CMSU and fulfill their ROTC requirements at Mizzou lets them stay in the area with their family and not have to move while finishing their degree.”

Lieutenant Aliaga said when he started school at CMSU, there were only four cadets participating in the program. Now, he estimates there are about 24.

“When I first started, it was an ordeal to sign up for ROTC classes. We had to register as a visiting student at Mizzou. Now, you can sign up through the CMSU system, just like signing up for regular classes,” Lieutenant Aliaga said.

Colonel Hoffsette credits CMSU administrators for making the program easy to use.

“My hat’s off to Dr. Alice Greife, dean of the college of applied sciences and technology and Dr. William Caldwell, chairman of the department of aviation,” he said. “Dr. Caldwell even working to get a bus to drive students over once a week so they don’t have to drive themselves.”

Cadets make the trip to Columbia, Mo., which is 90 miles one way, weekly for leadership laboratory and their ROTC classes. Lieutenant Aliaga said carpooling eased the stress of driving, and the detachment tried to include CMSU cadets in all their activities.

“They try to get you involved as much as possible,” he said. “They try to make functions suitable for us; for example, they let us take the physical fitness test after our leadership laboratory instead of early on a Tuesday morning with the other cadets.”

“We see our people in the cross-town agreement once a week,” Colonel Hoffsette said. “There are three other events a year that we want them to attend: dining out, the parade and vigil on Veteran’s Day, and the awards parade just before school ends. We put a bigger emphasis on good grades and physical fitness rather than doing a lot of extra activities and having their grades suffer.”

Now, as the first enlisted member from Whiteman to graduate under the new program, newly-commissioned Lieutenant Aliaga will be heading to Holloman Air Force Base, N.M. to be a communications officer.

“It was all worth it,” he said. “I saw it on my parents’ faces when they came to my commissioning and graduation.”



The history of ROTC

The Early Years

1862 - Passage of Morrill Act (Land-Grant Act) established military training at land-grant colleges and universities

1916 - Passage of the National Defense Act created both a formal Reserve Officer Training Corps and Junior ROTC

1920-1923 - Army Air Service establishes separate Air ROTC units at the following colleges with strong engineering departments: Texas A&M, University of California-Berkeley, University of Illinois, Massachusetts Institute of Technology, University of Washington, New York University and Georgia Institute of Technology

1932 - Air ROTC purchased out for budgetary and other reasons; last until discontinued in 1935

1946 - Seventy-eight Air ROTC units were established by War Department General Order No. 124, signed by General Dwight D. Eisenhower, Army Chief of Staff – a few months later on 15 November, Army Air Force Headquarters transferred Air ROTC from Air Training Command (ATC) to Air Defense Command (ADC)

1947 - Arnold Air Society founded at the University of Cincinnati

Air Force ROTC in the 1950s

1952 - Air University assumes responsibility for Air Force ROTC with 188 units and 145,000 cadets

1952 - Angel Flight founded at the University of Omaha

1956 - Flight Instruction Program authorized

1956 - Experimental Women’s Air Force ROTC inaugurated

Air Force ROTC in the 1960s

1961 - Initiation of crosstown and consortium agreements with the Air Force ROTC host institution

1964 - ROTC Vitalization Act of 1964 authorizes the two-year program

1969 - ROTC program established for women at four selected universities

Air Force ROTC in the 1970s

1970 - Air Force ROTC women cadet program expanded on a national scope

1975 - 14 Air Force bases designated permanent Air Force ROTC Field-Training sites

1978 - Air Force selects Air Force ROTC women cadets to take part in a test program in undergraduate pilot and navigator program

1978 - Air Training Command assumes command responsibility for Air University and Air Force ROTC

Air Force ROTC in the 1980s

1981 - Euro-NATO Joint Jet Pilot Training and Undergraduate Pilot Training Helicopter programs implemented

1982 - First publication of the Air Force ROTC Leader newspaper

1987 - Air Force ROTC began offering three-year scholarships to high school seniors

1988 - Four-year Nursing Scholarship Program initiated

1989 - Private Pilots License Screening Program initiated – allowed selected cadets to obtain a private pilot’s license and provided screening to determine if necessary flying aptitude existed to proceed to undergraduate pilot training

1989 - One-Year College Program offered – program was designed to attract qualified students in the fields of nursing, meteorology and law on either a scholarship or nonscholarship basis

1989 - Cadet Laree Mikel of Wright State University was selected as National Commander of the Arnold Air Society; she was the first woman to hold this position

Air Force ROTC in the 1990s

1990 - Pilot active-duty service commitment increased to ten years and navigator active-duty commitment increased to six years

1993 - Air University becomes a direct reporting unit under Air Education and Training Command

1997 - Air Force Officer Accession and Training Schools created, realigning Air Force ROTC and Officer Training Schools under one organization

The Whiteman Airmen’s Council Presents

THE 3RD ANNUAL

FREE BEVERAGES

AIRMEN’S SUMMER BASH

3–10 pm July 22

Live entertainment

Featuring DJ Kirby

Free Food

At the quad area between the dorms

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10 reasons to quit smoking, other than lung cancer



(Editor's note: Airman Maintenance is an ongoing feature where base support agencies offer advice or counsel and resources on the many issues that can cause Airmen physical, mental and spiritual stress.)

You know the facts as you reach for your cigarettes. Perhaps you contemplate them for a moment as you light up. Heart disease, lung cancer, emphysema ... still, you deeply inhale all 401 poisons and 43 cancer-causing chemicals. And you knowingly beckon the Grim Reaper closer.

If the threat of death won't convince you, maybe something else can prompt you to quit smoking: good old-fashioned vanity. In addition to cutting your life span, smoking can also hurt one of the most important things we use to judge each other — our appearance. Here are 10 good reasons to give up the habit. They might not kill you, but they sure don't help your looks.

Facial Wrinkles — Forget the beautiful women who peer from the advertising pages of fashion magazines, with cigarettes between their fingers. Crows feet, wrinkled cheeks and vertical lines around your mouth is the true picture caused by smoking.

Smoking reduces the flow of oxygen and nutrients to skin cells by shrinking blood vessels. This causes premature wrinkling that is largely irreversible (even if you have the cash and can handle the pain of cosmetic surgery).

Impotence — Smoking reduces the blood flow necessary to attain an erection. One out of two American men over the age of 40 has experienced impotence to some degree. Smoking is believed to be one of the main physical causes of erectile dysfunction.

Stained teeth, bad breath — Lips are made for kissing, right? But what if the mouth behind them is filled with stained teeth and bad breath?

"As smoking becomes more and more uncommon, people are increasingly sensitive to these things and react negatively to them," says American Lung Association spokesman Edwin Fisher, Ph.D.

Particles from cigarette smoke stain teeth brown and yellow, and trap odor-producing bacteria in your mouth. Gum disease and tooth loss is common in smokers.

Other mouth-related ailments caused by smoking are vocal-cord growths and cancer of the mouth, throat and esophagus.

You and your general vicinity stink — Cigarette smoke has an unpleasant odor that lingers on everything from skin and hair to clothing and curtains. Maybe you're so used to smoking that you can't tell. Maybe your nasal passages are so damaged that your nose doesn't work properly.

But ask a non-smoking friend for an

honest answer about the way you, your car and your home smell. The ugly answer: they all stink. Almost as much as the ash-tray you use to stub out your cigarette butts.

Brittle bones — Risk factors for the crippling condition of osteoporosis are well-known these days. Having a small frame, a calcium deficiency, genetic predisposition and smoking are all contributors to low bone-mineral density.

Numerous studies link smoking and osteoporosis in both women and men. It may be because smoking affects the production of estrogen and other hormones necessary for healthy bones.

A 1997 study that looked at 4,000 hip fractures in elderly women concluded that one out of every eight fractures was due to smoking-related bone loss.

Depression — Let's get philosophical for a moment: Why do you smoke?

Dr. Fisher believes there's a good chance you're stressed or depressed.

"People who are unemployed or going through a divorce often smoke," he says, adding that even if you're not distressed, smoking makes you look like you are.

Crummy role model — Because children like to emulate adults, every time you light up, you are telling kids around you that smoking is ok..

Every day, an estimated 3,000 children in the U.S. become addicted to cigarette smoking. If they keep smoking, 1,000 of

them eventually will die from diseases connected to their addiction.

Anti-tobacco organizations claim cigarette companies deliberately target children in their advertising campaigns. If you smoke, you're a walking billboard for these companies, and you are paying them.

Fire — Fires caused by lighted tobacco products are the leading cause of fire deaths in the United States. During the 1980s, smoking materials started more than 200,000 fires every year and killed more than 1,000 people. They also injured 3,000 more and caused more than \$300 million in property damage.

Poor circulation — Drooling, paralysis, loss of speech ... there's nothing pretty about becoming the victim of a stroke.

Red blood cells are designed to carry oxygen throughout the body. In smokers, oxygen molecules are displaced by the components of cigarette smoke, blocking the transfer of oxygen.

If you've convinced yourself that a stroke is an extreme or unlikely consequence of your habit, there's always premature heart disease to slow you down. If you're lucky, perhaps you'll only experience some of the inconveniences of poor circulation, like painful pins and needles or cold hands and feet.

It's stupid — Given the prevalence of smoking education in our culture, it could be said that smokers must have a lack of oxygen to the brain. In fact, as you read above, they do.

But no matter how a smoker justifies his or her addiction, this is the simple, indisputable truth: just like the slogan says, *smoking kills*. (Courtesy of the Health and Wellness Center and <http://www.WebMD.com>)

TRAINING, from Page 5

In other locations, the Air Force has found ways to bring Soldiers, who wear simulation devices on their head, into the virtual war.

“The best scenario I saw was down at Hurlburt Field, Florida, where they had a gunship (simulator) that was able to provide close-air support for troops that had ‘heads-up goggles’ at Fort Benning, Georgia, and they were flying over a scenario that was at Fort Polk, Louisiana,” Dr. Mayberry said. “Pilots, flying in their mock-up, were able to see the ground and the flashings and the interactions, and the troops on the ground were able to make the calls for fire.”

Blending together that kind of simulation has been the Air Force's main contribution to the Department of Defense’s joint training transformation effort and is a key part of the future of joint training, Dr. Mayberry said.

"The Air Force and each of the services are going to have to blend together the live opportunities of aircraft into a seamless environment with the simulators — the virtual force — and really wrap around that the complexities that can be brought by constructive or computer-generated forces,” Dr. Mayberry said. “This notion of a seamless live forces and virtual constructive environment, I think, is not only where the Air Force is going to have to go, but also each of the other services.”

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A couple watches the fireworks display over Skelton Park Monday. The 509th Civil Engineer Squadron fire department stationed a fire truck near the scene.



Michelle Stanbrough, wife of Senior Airman Brandon Stanbrough, 509th Aircraft Maintenance Squadron, fishes at the base lake. Fourth of July festivities kicked off with a fishing derby.



Alex Peters, husband of Staff Sgt. Elizabeth Peters, 509th Medical Group, lights a Sparkler during Whiteman's Fourth of July celebration Monday. The 509th Services Squadron coordinated the event and received support from the 509th Security Forces Squadron and the 509th Civil Engineer Squadron Fire Department. The 509th SVS sold concessions and provided a disc jockey and karaoke. Members of the 509th SFS patrolled the park and also helped direct traffic. Top left: Kayla Kline, Takindra Wellman and Kelsey Kline sing karaoke. Kayla and Kelsey are the daughters of Tech Sgt. Kenneth Kline, 509th CES. Takindra's parents are Master Sgt. Chuck Wellman, 509th Logistics Readiness Squadron, and Amy Wellman.

A SPECTACULAR FOURTH



Airman 1st Class Rob Shearer, 509th Comptroller Squadron, sings his version of "Who's Gonna Fill Their Shoes?" Karaoke was available to attendees throughout the celebration. Above right: Belinda James, 509th Services Squadron, hands out food tickets.



Children take a break from the festivities to relax in a gazebo. About 1,000 people attended the celebration, which also had DJ Shar Mickel of Concordia, Mo. Fireworks were provided by Premiere Pyrotechnics and funding for the fireworks was donated by Northrop Grumman.

Photos by Senior Airman Joe Lacdan

Kicking asphalt!



Photo by Airman 1st Class Jason Burton

Sam Fuller, an employee of Chester Bross Construction Company, uses an excavator to remove loose dirt on Arnold Ave. to make room for new asphalt. This is one of several projects to upgrade roads around Whiteman.



Space available

The base marquee at the Spirit Gate is available for messages. To schedule a message, call Senior Airman Leila Hemenway at 687-6123 or e-mail 509bwpa@whiteman.af.mil. Be sure to include the date and time you want the message to be posted. Use these boxes to determine the length of your message per screen:

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Community

Cancer support group meets

A cancer support group meeting begins at noon today at the family support center. Refreshments will be provided. For more details, call Master Sgt. Dee Ann Poole at 687-6125.

B-2 tours available

Do your family and friends want to see the B-2 up close? They can view the B-2 from 10:45 a.m.-noon Aug. 12, Sept. 9 and Oct. 14 in front of base operations. To sign up or for more details, call public affairs at 687-6128.

Volunteer dental assistant

The base dental clinic is accepting volunteers for the next dental assisting volunteer program class starting Monday. This is an opportunity to get free training in the dental field. To volunteer or for more details, call Master Sgt. Clayton Thornburg at 687-6898.

Airman's Attic all ranks month

Due to an overwhelming amount of donations and generosity from the community, the Airman's Attic is running out of space. The Airman's Attic is having all ranks days now through July 29.

The Airman's Attic hours are 10 a.m.-2 p.m. Mondays, Wednesdays and Fridays.

AF ball golf tournament date changed

The Air Force ball golf tournament begins 10 a.m. with an 11 a.m. shotgun start July 22 at the Royal Oaks Golf Course.

Participants must sign up by July 15. This four-person per team scramble costs \$15 plus green and cart fees. There is a 36 team max. All proceeds will be used to offset costs of the ball.

E-mail team names to Tech. Sgt. Robert VanDeHey at robert.vandehey@whiteman.af.mil or call 687-2350.

Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 8 a.m. Monday.

Representatives from the military personnel flight, family support center, Reserves and finance will provide information.

The MPF separations and retirements office schedules members for this briefing. For more details, call 687-1500 or 687-6720.

FSC offers financial refresher

A financial briefing for senior airmen and below not attending the First-Term Airmen Course begins at 1 p.m. Monday. Reservations are required.

TAP helps people leaving military

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation, and receive information on education and Veterans Administration benefits. Reservations are required.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012.

Workshop to write resumes

A hands-on workshop that helps people through the resume writing process begins at 8 a.m. Wednesday. Reservations are required.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.

Class helps with move

A mandatory smooth move seminar for people planning to move overseas in the near future begins at 1 p.m. Thursday.

Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources.

Permanent change-of-station orders aren't necessary. Spouses are encouraged to attend. Reservations are required.

Safety training available

Youth 12 and older can learn basic safety, nutrition, first aid, and infant and child CPR at 8 a.m. July 15. Reservations are required.

Submitting

CIVILIAN

EMPLOYEE

of the

WEEK



Thank you

To nominate a civilian employee, send an e-mail to whiteman.spirit@whiteman.af.mil.

Be sure to include why this person is being nominated.

Slugger



Photo by Senior Airman Neo Martin

Marty Grotjan readies himself to hit Aaron Colburn's pitch during practice Wednesday. Both men are members of the 1-3 U.S. Protect softball team.

Air Force changes fitness test criteria

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON — Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to the AFI will include a change in how body composition is measured, a new table for the running portion of the test takes into account the runner's elevation, and a change in the number of days an Airman wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For

Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the indicator, opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard — an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.

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Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Sports & Recreation

Outdoor Recreation 687-5565

Community pool party

A free party for the base community takes place 6-10 p.m. Saturday at the pool. There will be swimming, games, music, food and the community center's Build-A-Boat competition.

Pomme de Terre river canoe trip

The float trip leaves outdoor recreation at 8 a.m. July 16. Participants will canoe seven miles down the Pomme de Terre river returning to base at around 6 p.m. The \$10 cost covers transportation, canoe, lifejacket and paddle rental. Participants must bring swimsuit, towel, sunblock, sunglasses, wet suit shoes and a change of dry clothes as well as their lunch, plenty of water and extra money for snacks and dinner.

Picnic in the park

Sign up by July 18 for the outdoor recreation picnic in the park. Bring your lunch and some goodies to share and outdoor recreation will bring the fun. Picnic takes place 11 a.m.-1 p.m. July 20 at the base lake.

Fitness Center 687-5496

Special Olympics volunteers

Whiteman will host the district softball tournament for the Special Olympics. Volunteers are needed to assist and support teams. The first matches are at 7 p.m. July 15 with the official opening ceremony at 9 a.m. July 16. Call Tech. Sgt. Don Ware at the fitness center to volunteer. All base members are welcome to attend the official opening ceremony at the fitness center.

Sand volleyball tournament

Get a four-person team together for the base volleyball tournament. The competition takes place 11 a.m.-1 p.m. July 25-27. Sign up by July 18 at the fitness center.

Royal Oaks 687-5573

Twilight golf

Beat the heat with a round in the evening. Greens fees start at just \$6 and carts are \$7 per person.

Tickets and Travel 687-5643

2-for-1 cruise promotion

Cabins are still available on six cruises. For more dates call tickets and travel. The promotion ends July 15.

Disney salutes US forces

From Aug. 1-Oct. 4, active duty and retired military personnel can save 30 percent on stays of one to three nights and 40 percent on stays more than four nights at Walt Disney World resorts in Orlando, Fla.

Stars and Strikes 687-5114

Stars and Strikes closure

The bowling center is closed for renovation now-Monday. The snack bar remains open for take-out orders only.

Food & Fun

Monthly club coin special

Club coin holders can receive a free salad when they purchase one of equal or greater value and show the club coin.

Karaoke

The next karaoke night is 8 p.m.-midnight July 15 in the Lavene Lounge at Mission's End.

Community Activities

Skills Development Center 687-5691

Creative circle meeting

The new creative circle group will meet at 10 a.m. Saturday at the skills development center. New members are welcome. Sign up now to attend and keep up-to-date with the latest arts and crafts news.

Beginner's jewelry class

People new to jewelry making can learn the basic skills using colored wire to create a pair of earrings. This class takes place 9-11 a.m. Tuesday at the skills development center. The class is a prerequisite for the intermediate class on July 19 and 20. The cost of \$10 does not include supplies. Sign up by Monday.

Pottery Class

Sign up for a three-session pottery class being held 1-3 p.m. July 15, 22 and 29 at the skills development center. Students will learn how to throw pottery on the wheel and about hand-built art. The cost is \$30 which includes glazes and kiln firing.

Teen Center 687-5819

Petra rock climbing

Spend the day tackling over 30 different climbing surfaces and then enjoy a down-home dinner at Lamberts restaurant. The trip takes place 9 a.m.-6 p.m. July 14. The cost is \$20 which includes climbing and dinner. Sign up at the teen center. The teen center will be closed during this event.

Laser tag

Zap your friends while competing as part of a team at Missouri's largest laser tag facility, 3-9 p.m. July 16 in Kansas City, Mo. Transportation is \$2 and the games cost \$5 for one or \$12 for three. Slots are limited so sign up early by calling the teen center.

Six Flags St Louis

Ride some of the tallest and fastest rollercoasters in the world at Six Flags. The trip leaves at 6 a.m. July 19 from the teen center, returning to base at 10 p.m. Sign up by July 16.

Youth Center 687-5586

Dentokan Karate

Ages six to adult can take part in Dentokan karate classes 5-8 p.m. Tuesdays and Thursdays at the youth center. Sign ups are ongoing. The cost is \$25 for members and \$32 for non-members.

Summer fun

From pool parties and fancy pants picnics to skate days and open recreation, the youth center has activities to keep everyone entertained this summer, call youth center staff for more details.

Soccer camp

Soccer players can improve their teamwork, skills and sportsmanship at a youth center soccer camp. The camps run 8:30-11:30 a.m. Aug. 1-4 for ages five-eight and Aug. 8-11 for ages nine-14. Sign up now, priority will go to youths who have previously played with the youth center. The cost is \$50 per child and \$35 for each additional child from the same family.

Community Center 687-5617

Xtreme board games

Players of all ages are invited to join in with games of strategy such as Civilization and Avalon Hill, 6-10 p.m. today at the community center.

Build-A-Boat

Come along to the outdoor recreation party at 6 p.m. Saturday at the base pool and take part in the annual Build-A-Boat competition. Teams of a minimum of five will have 30 minutes to build a boat using cardboard and duct tape. The boats will be raced 7-7:30 p.m. Prizes will be given for the fastest time, best sinking and most team spirit. Contact the community center for rules and to sign up. The cost is \$2 per person.

The "real" Red Riding Hood!

Central Missouri State University Theatre group presents an alternative take on the traditional tale. Has the Wolf been the innocent victim of Miss Riding Hood's smear campaign all this time? Suitable for all the family, the show starts at 10 a.m. July 15 in the youth center gym. Tickets are \$1, free for children under 2 years.

Family Child Care 687-1180

Extended duty care

Register now for the extended duty care program. It is available to help parents meet child care requirements for extra duty hours and child care emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements. An application must be completed prior to participation. Call for more details.

Free returning home care

Military members returning home from a 30-day or longer deployment are entitled to 16 hours of free child care for each child 12 years old and younger. An application and a copy of orders must be submitted to the family child care office prior to participation.

Library 687-6217

Summer reading program

It's not too late to join the summer reading program. Children from birth to 18 years old can take part by picking up a registration pack from the library and keeping a log of pages read. Readers can win prizes throughout the summer depending on the number of pages read. Children who are not yet reading can join the "Little Listeners" program and take part by being read to. Contact library staff for details.

Veterinary Clinic 687-2667

Final inspection coming up?

The vet clinic is now stocking products which will help to eliminate pet stains and odors. Suitable for spot treatment or for use in carpet steam cleaners.